

The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club (SMVSCC)

510 East Park Avenue, Santa Maria, CA 93454

www.smvsc.org • smvseniors@gmail.com • 805-349-0688



SEPTEMBER 2023



Carolyn Cabrera

President's Message:

Summer is passing into Autumn ... some thoughts I had from a recent morning

Do you listen to what others say more than you listen to yourself? I realized this is how I do things sometimes. Stop and think about it, though. Your thinking and ways of doing things probably work for you better than what others are saying work best for you. Remember - each of us has a great deal to offer, and each of us must stand up and embrace that.

I love coming to the Senior Center. It really makes me think, and be thankful for each person I come in contact with. Always remember ~ **you are significant and important!**

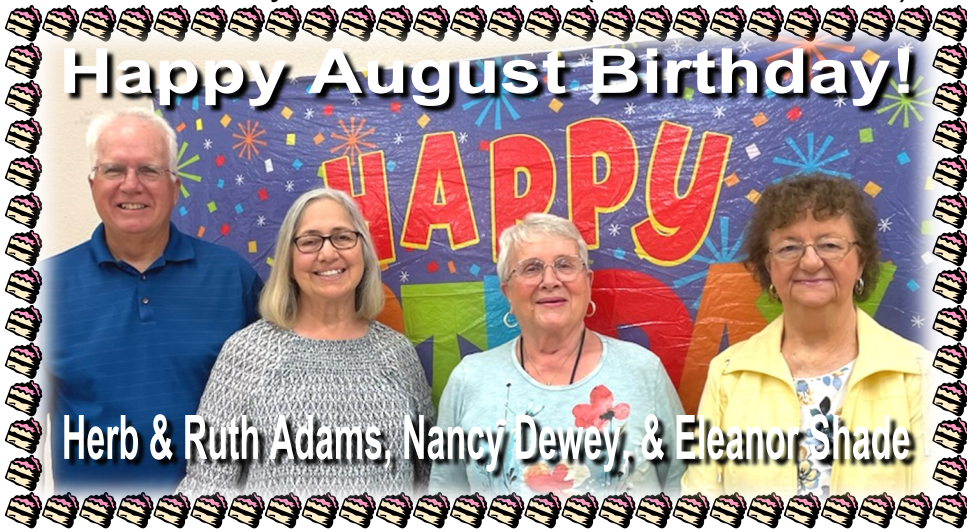
Hope you all enjoyed the return of **Riptide Big Band** in August. They are back again on **September 10** with a hat theme! Be sure to wear a "head covering" of your choice and maybe you'll win a prize!! Looking forward to seeing the wide variety that is sure to be on display!! Don't miss this **FREE** event we currently sponsor!

Please note that our September dinner meeting will be on the **SECOND** Monday of the month (**September 11**) due to Labor Day. (*The Mussell Senior Center will be CLOSED on Labor Day!*) The menu is sure to please with homemade Salisbury steak, mashed potatoes, mixed vegetables, salad, and marble cake. We will have musical entertainment by **Barbara Wilson** ("Sound on Sound"), including time for sing-a-long.

Don't miss it, especially if your birthday is this month! **Be sure to sign up by NOON on September 8!**

Come and check out some new travel options! They are working hard to keep us going! Let them know when you want to go to Chumash!!!

Stay active as you can and ... **see you at the Center!!!**



Santa Maria Valley Senior Citizens Club

Central Coast Active Adults!

MISSION: Our purpose is to promote the happiness of active adults 50+ so they may enjoy life to the fullest. We provide fun and interesting activities, opportunities, and information. We do this while espousing no political, religious, philanthropic, ideological, or social enterprise.

2023 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
1st VP:	Jolene Simons	661-203-9756	jsimons93309@gmail.com
Co-2nd VPs:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Liz Regulski	[contact Carolyn or Laura with questions]	
Recording Secretary:	Christel Kurth	805-332-3328	kurth1313@comcast.net
Corresponding Sec.:	Laura Selken	805-406-9989	laura.selken@gmail.com
Member at Large:	OPEN ~ Contact any board member listed here if you are interested		
Travel:	Kathy Doty	805-937-0314	dudoty@comcast.net
Sunshine:	Simone Gillogly	805-925-6267	[no email]

Recreation and Parks Department Staff & Phone Numbers:

Recreation Coordinator: Wendy Hudson, 805-925-0951, ext. 2351, whudson@cityofsantamaria.org
 Facility Specialist: Evelyn Marroquin, 805-925-0951, ext. 1635, emarroquin@cityofsantamaria.org
 Receptionist: 805-925-0951, ext. 2207 / Recreation & Parks Department Primary Office: ext. 2260

Happy September Birthday!

Laurie Maxson	1	Diane Jones	16
Millie Finney	2	Margaret Lewis	18
Judy McConnell	2	Karen Iliff	20
Janet Miller	2	Carolyn Cabrera	21
Liz Reynertson	2	Les Christiansen	23
Mavis DeParini	3	Nancy Dort	24
Cathy McPherson	6	Patricia Grigg	24
Diane Pirman	6	Carol Silva	24
George Moore	7	Hope Passidakis	25
Sharon Moore	7	Arlene Rawlinson	25
Karen Nawrocik	8	Kathy Bendle	26
Eileen Rios	8	Ana Santana	28
Laurel Freeman	9	Grace Jarvis	29
Adela Klotthor	10	Jean Letman	29
Dorothy Baer	12	Wilma Fee	30
Jean Draeger	13		

Happy September Anniversary!

Duane & Virginia Long	3
Mike & Juanita Rosas	5
Larry & Jeri Peterson	7
Rik & Diana Dodos	21
Henry & Ludi Ruiz	23
Paul & Carol Silva	25

Sunshine Corner

Our Deepest Sympathy to Paula Brose & family of Val(demer) Brose,

and

to Madeline & Leon Permasse whose grandson, Travis Hurd, passed away

Please, contact Simone about members, or their loved ones, who need a get well, thinking of you, or sympathy card sent to them. Please, leave your name and number when you call (805-925-6267).

Welcome New & Rejoining Members!

- | | |
|----------------------|----------------------|
| • Carolyn Barr | • Pat Porter |
| • Kathy Bendle | • Art & Susan Rangel |
| • Antonio Dutra | • Jackie Scolari |
| • Lois Fryckman | • Manuel Silva |
| • Liz Kahalewai | • Joyce Taylor |
| • Doug Kennison | • Clare Terrill |
| • Cathy McPherson | • Carmen Veiga |
| • Marilei Mendenhall | |



Please, call or text Laura at 805-406-9989 or email her at laura.selken@gmail.com with corrections.



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



Current Hours: Tues., Wed., Thurs., 12:30 – 3:30 p.m. / Office Phone: 805-349-0688

September ??? ~ Chumash Casino Shuttle \$40

When do you want to go? Let the Travel Committee know what dates you are interested in and they'll see if others like that date, too!! **(We have to have 22 people sign up!)** Don't forget - you receive "free play" (equal to \$40), so it is really a FREE TRIP! We usually leave @ 10:45 a.m. **Must sign up in advance once the date is announced!**

October 1 ~ Chumash Intertribal Powwow \$45



Dancing, singing and drumming will be on display as Native American tribes from throughout North America descend on Santa Ynez to celebrate their heritage (bring your own "lawn-type" chair which will be transported for you). Lunch is not included/on your own.

MUST MAKE YOUR RESERVATION BY SEPTEMBER 21!

October 8 ~ SLO Rep Theatre production of "Nunsense" Wait List \$60

Join us as we travel to San Luis Obispo to see the very funny musical, "Nunsense" at 2 p.m. *(This recent addition has already sold out, but we are taking names for a wait list.)*

February 12-20, 2024 ~ Tropical Costa Rica \$3019 trpl./\$3049 dbl./\$3749 sgl.

San Jose • Coffee Plantation • Arenal Volcano • Cano Negro Refuge • Lake Arenal Cruise • Farm Tour & Lunch • Monteverde Cloud Forest • Guanacaste • and more; includes 14 meals (8 breakfasts, 1 lunch, & 5 dinners) and round-trip air from LAX; optional 4 days/3-night jungle adventure pre-tour extension available (see office for details). *Please note this tour has an activity level of "3" (able to walk/stand for 2-3 hours/up to 4 miles a day); able to traverse hills, uneven surfaces, up three flights of stairs; able to climb in & out of various modes of transportation; etc.).* **Final Payment due December 14, 2023!**



October 4-9, 2024 ~ Albuquerque Balloon Fiesta \$3375* dbl./\$4250* sgl.



Albuquerque International Balloon Fiesta Dawn Patrol & Balloon Glow • Old Town Albuquerque • Sante Fe • Indian Pueblo Cultural Center • Los Alamos Science Museum • Loretto Chapel • Taos & Taos Pueblo • 3 nights in Sante Fe; includes 7 meals (5 breakfasts & 2 dinners), roundtrip airfare & transfers (LAX), professional tour director, motorcoach transportation, admissions per itinerary, comprehensive sightseeing, AND baggage handling at hotels. *Please note this tour has an activity level of "3".*

*Reflects \$100 savings when pay by check.

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RECREATION & PARKS DEPARTMENT SEPTEMBER 2023 ACTIVITIES

NOTE: The Elwin Mussell Senior Center is CLOSED on Labor Day (September 4).

- * **Fridays, Sept. 1 & Sept. 15, 9:30-10:30 a.m. ~ Coffee & Conversation – BINGOOOO!** Let's start the day with a cup of coffee and a bingo card. Prizes and light refreshments will be provided. All are welcome to join in the fun.
- * **Tuesdays, Sept. 5 & Sept. 19, 1:00-3:00 p.m. ~ Bunco with Gnomies** – With summer coming to an end, it's still a perfect time to hang out with your Gnomies! Stop by and enjoy a fun filled afternoon playing Bunco for a chance to win cash prizes! No experience necessary! Cost to play is \$3.00. Drop ins are welcome.
- * **Thursday, Sept. 7, 12:00-1:00 p.m. ~ Indoor Pickleball Clinic** – Members from the Santa Maria Valley Pickleball Club will be hosting a Pickleball clinic to answer questions and give players tips on improving their game. Reservations required. Sign up at the reception desk in advance or call 805-925-0951, ext. 2207.
- * **Friday, Sept. 8, 9:30-11:00 a.m. ~ Santa Barbara County Foodbank Cooking Class & Food Distribution** – Learn how to cook a nutritious meal. All supplies are provided. Distribution of fresh produce and canned food will follow. Please show your Foodbank card upon arrival. Advanced reservations required for cooking class. Sign up at the reception desk or call 805-925-0951, ext. 2207.
- * **Friday, Sept. 8, 1:30-4:00 p.m. ~ Empty Bowls Painting Party** – Join the painting party by volunteering your time to paint one-of-a-kind designed bowls for the upcoming Empty Bowls fundraiser. All supplies are provided by Santa Barbara County Foodbank. Limited space is available. Proceeds help fight hunger in our community. Must sign up at the front desk in advance. Space is limited.
- * **Monday, Sept. 11, 12:30-1:30 p.m. ~ Santa Maria Public Library Bookmobile** – The bookmobile – a branch of the City Library on the go – offers all library services (library cards, movies, books, digital books & audiobooks, computers, etc.)!
- * **Wednesdays, Sept. 13 & Sept. 27, 9:00-10:00 a.m. ~ My Artistic Self: Door Hanger with Flowers** – Time to get crafty! Create an easy to make door hanger with REAL lavender! All supplies will be provided. This class is free to attend but participants must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.
- * **Wednesday, Sept. 13, 10:30 a.m.-1:00 p.m. in the Lobby ~ Central Coast Area Agency on Aging** – A trained counselor from **HICAP** (Health Insurance Counseling & Advocacy Program) available to answer questions about Medicare and more.
- * **Wednesdays, Sept. 13 & Sept. 27, 3:30-5 p.m. ~ Sweet Treats Workshops** – Use candy molds and learn tricks and techniques on how to create chocolate candy for any special occasion (Sept. 13) and more ways to make other homemade candy (Sept. 27). [\$10 for city residents / \$12.50 nonresidents]. **Participants MUST register in advance at cityofsantamaria.org/recreation.**
- * **Thursday, Sept. 21, 10:30-11:30 a.m. ~ OWL Program: Nature Bracelets** – Participants in the OWL program will be making wearable art after strolling around the Center, finding plants and leaves to create with. Must sign up at front desk!

**Central Coast Commission
for
Senior Citizens**

*Come join us for food,
fun and friendship!*

Senior Nutrition Program

Any person aged 60 years or older is eligible

FREE Lunches ~ Monday-Friday, 11:30 a.m.-12:30 p.m. (please arrive no later than Noon)!

Make your reservations at least 3 business days in advance & BE SURE TO SHOW UP!

Call 805-925-9554 - option 1, or email meals@centralcoastseniors.org.

(Make sure to sign in every time you eat. After 3 no-shows, your name will be removed from future reservations!)

FRIDAY, SEPT. 1	TUESDAY, SEPT. 5	WED., SEPT. 6	THUR., SEPT. 7	FRIDAY, SEPT. 8
Southwest chicken salad, romaine lettuce with beans & corn, tomato wedges with dressing, tostada, topical fruit	pork rib patty, graham crackers, roasted sweet potatoes, peas, fresh orange	chicken enchiladas with red sauce, roasted cauliflower, carrot-raisin salad, diced peaches	breaded haddock, long grain brown rice, roasted Brussels sprouts, pickled beets, pineapple tidbits	chef salad with romaine, turkey, egg, cheese, & French dressing, whole wheat crackers, carrot raisin salad, fresh tomatoes, apple

Visit smvsc.org to see the full menu or pick one up at the Center. (milk is offered at all meals; bring your own container for leftovers)

WE NEED YOUR HELP WITH THE FREE LUNCHES! PLEASE CONTACT JOLENE SIMONS AT 661-203-9756 IF YOU CAN ASSIST IN ANY WAY ON ANY DAY!!! THANK YOU!!!

More news from Santa Maria Recreation & Parks:

* **FRIDAY, SEPTEMBER 29, 5:30-7:30 P.M. ~ PAINT & CREATE: UNCORKED** – Join artist Mary Ann and learn how to paint while mingling with friends and friends-to-be, enjoying a glass of wine at the same time! (One glass of wine is included with each registration with additional glasses of wine available for purchase.) **Cost:** \$44 for city residents and \$55 for non-residents. **Advanced registration required** at cityofsantamaria.org/recreation

* **IMPORTANT INFORMATION!!! “Silver Sneakers”** (available at no cost for adults 65+ through select Medicare plans) is now accepted at the Mussell Senior Center for the City’s many exercise programs and will cover the cost of these classes!! Check your insurance coverage! Visit silversneakers.com!

*Santa Maria Valley
Senior Citizens Club* and
present



Wear That Hat!

Riptide Big Band is back with great music
for dancing and lots of "hat" fun!
Wear a hat to be eligible for prizes!



Sunday, Sept. 10
1:30-4:00 pm

featuring vocalists
Bob Nations & Mitch Latting

Elwin Mussell Center
510 E Park Ave, Santa Maria



City of Santa Maria
Recreation & Parks
Department



THE *Community*
FOUNDATION
SAN LUIS OBISPO COUNTY

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The City needs volunteers to help in various areas. If you are interested, please reach out to Wendy!</p>	<p>Single Mingle will meet once per month, starting Thursday, September 28 from 12:30-1:30 p.m. If you are a single senior and are looking for other single seniors to talk and visit with, please let us know! Be sure to register at the reception desk.</p>			<p>9-4 Billiards* 1 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Conversational Bingo 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
	<p>9-4 Billiards* 5 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3:30 Bunco* 1-3 Knit, Crochet+* 1:30 Belly Dancing§</p>	<p>9 Bd. Meeting 6 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 7 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball & Pickleball Clinic* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*</p>	<p>9-4 Billiards* 8 9 Zumba Gold*§ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo 1:30 Bowl Painting</p>
<p>9-4 Billiards* 11 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 12:30 Bookmobile 1-2 Grief Support 1:30 Line Dancing* 5 Member Dinner</p>	<p>9-4 Billiards* 12 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing§</p>	<p>9-4 Billiards* 13 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30-1 HICAP rep 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 3:30 Sweet Treats§</p>	<p>14 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel</p>	<p>9-4 Billiards* 15 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Conversational Bingo 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 18 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*</p>	<p>9-4 Billiards* 19 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco* 1:30 Belly Dancing§</p>	<p>20 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 21 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* Nature Bracelets 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*</p>	<p>22 9-4 Billiards* 9 Zumba Gold*§ 9:30 Loteria 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 25 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*</p>	<p>9-4 Billiards* 26 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing§</p>	<p>27 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 3:30 Sweet Treats§</p>	<p>28 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel 12:30 Single Mingle</p>	<p>29 9-4 Billiards* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo 5:30-7:30 Paint & Create: Uncorked</p>

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed.

*City of Santa Maria Rec & Parks Dept. Program §Participants must pre-register at Rec. & Parks Dept. No walk-ins.

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93456-6688
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Monthly Newsletter



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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

Monthly Membership Meeting



Monday, September 11, 2023



Doors Open: 5 p.m. - Dinner: 5:15 p.m.

Homemade Salisbury steak, mashed potatoes, mixed vegetables, salad, and marble cake

Reserve/Pay By:
Friday, Sept. 8

\$15 per person

Catered by:
Jovi's Delight

Musical entertainment by

Barbara Wilson

"Sound on Sound"



**Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,
Santa Maria, CA 93454 805-349-0688**